



BCSSA High Performance Committee

BC HP & Teams Bulletin

September 2011

Introduction

The HP & Teams Bulletin is structured in two (2) different sections.

The first section addresses the mandate of BCSSA related to providing BCSSA speed skaters HP programs. These HP programs are aimed at increasing the number of BC skaters on the National Senior and Junior Teams, and at increasing the medal count for BC at the Canada Winter Games. Time standards, physiological testing and year-long training programs that include weight training, team pursuit/relay training, competitions and camps are essential elements of this program.

The second section addresses the mandate of BCSSA related to selection of a BC Provincial Team to represent our province at the following 2011-12 Championships:

- Canadian Age Class Long Track Championships
- Canadian Short Track Championships
- Canada West Short Track Championships

This section refers to how BC representatives will be selected for the above Championships. A HP athlete (above) is not automatically selected and will have to meet criteria to be added to Team BC for the Championships. A selection to the BC Team for the Championships does not qualify this athlete as a HP athlete.

The BCSSA advises all clubs to post and distribute this bulletin to all members within your club.

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COMPETITION REGISTRATION FORMS AND FEES:

-- Must be submitted to the BCSSA office for all ***World Cup/National Selections, Junior National Selections and Canada Cups*** unless you are a Calgary Oval Program skater. Oval Program skaters should register and must pay directly with the Oval, if the Oval offers this option. Those skaters registered in the Oval Program must email the BCSSA office that they are attending the competition.

-- All registrations for ***Canadian/Canada West Short Track Championships, Canadian Age Class Long Track Championships and North American Long Track Championships*** must be submitted to the BCSSA office by the posted deadline.

High Performance Committee

BC HP & Teams Bulletin Section # 1 BC High Performance Program

September 2011

Section 1 - BC High Performance Program

Definition

In previous seasons, the BCSSA HP programs have been delivered in partnership with Canadian Sport Centre Pacific (CSCP). These HP programs have been aimed at increasing the number of BC skaters on the National Senior and Junior Teams and at increasing the medal count for BC at the Canada Winter Games. These programs were also referred to as Integrated Performance System (IPS) by CSCP. While there will be no funding from CSCP for 2011-12, BCSSA feels that the continuation of HP programs within BCSSA is essential. As such, *BCSSA will be continuing to offer a HP Program for BC skaters.*

The BCSSA HP Program shares the above-stated goals of the IPS program. The goal of the High Performance Development (HPD) Program (formerly "Talent Pool") is to identify potential athletes that could join the BC HP Programs in the future. Nomination to these programs is for the whole season but funding adjustments may be made throughout the season.

BCSSA HP/HPD Program Requirements: 2011-2012 Season

HPC reviewed potential candidates for the BCSSA HP Program/IPS Program in April of 2011. Skaters were named to Levels 1, 1a, 2, 3 and HPD. As is mentioned above, CSCP is not presently funding BCSSA HP programming; however, BCSSA will continue to recognize skaters in the above-stated levels for the upcoming season. Skaters will be asked to complete the online *Confirmation of Intent to Participate* in the BCSSA HP Program, which will include:

1. Confirmation of participation in a summer training program.
2. A list of competitions which the skater will attend during the season.
3. A declaration of participation in the BC HP Programs.

BCSSA HP skaters are required to participate in the competitions identified on their individualized schedule submitted to BCSSA in order to receive program assistance.

These competitions may include (i.e. the competitions listed below are *highly recommended* for skaters in each level):

- Level 1 LT: World Cup Selections and Canada ranking meets (if not at World Cups), NALT
- Level 1 ST: World Cup /National/Junior Selections
- Level 2 LT: CC #1, #2, #3 and #4, NALT, CanAm (Seniors should take part in at least 4 out of the 6 events; Juniors should take part in 3 out of 6)
- Level 2 ST: World Cup/National Selections/Junior Selections (if qualified), Canadian Short Track Championships (if qualified), both WCC
- Level 3 LT: CanAm, CC #2, CC#3/Canadian Junior LT Championships, CC#4/Oval Finale, BCLT, NALT
- Level 3 ST: both WCC, Canadian Short Track Championships (if qualified), BC Cup

BCSSA High Performance Program Assistance (Levels 1 to 3)

Successful candidates will receive assistance from BCSSA depending on their level and available funds. Level 1 skaters will receive the highest priority, as they are closest to qualifying for National Teams. Assistance is aimed at activities directly related to the BC HP program and includes the following:

- Recognition in *Leading Edge* publication
- Potential carding from Canadian Sport Centre Pacific (dependent on availability from CSCP)
- May have access to region-specific training opportunities
- The option of purchasing a BC Team skinsuit. Please note: BC Team skinsuits are available for purchase exclusively by skaters in the BCSSA HP Program.
- Financial assistance:
 - Full or partial funding for: testing, entry fees to provincial/regional training camps on the BC HP calendar, entry fees to national competitions related to BCSSA HP objectives and individual skaters' yearly plan
 - Potential additional subsidy based on HP Level

BCSSA High Performance Development Program Assistance

Successful candidates will receive assistance from BCSSA aimed at activities directly related to the BCSSA HPD Program and includes the following:

- Recognition in *Leading Edge* publication
- May have access to region-specific training opportunities

- BCSSA HPD warm-up shirts
- Invitation to attend specific HP training camps and testing and have access to training programs.

Top 6 Ranking Recognition Program

BCSSA will support BCSSA skaters that achieve top six ranking at National competitions (see list below). The support will be available to any BCSSA skater (including extra funding to skaters already involved in the BCSSA HP/HPD Programs) for the competition in which they ranked top 6. Nationally carded athletes are excluded.

The aim of this recognition program is to support excellence for all BCSSA athletes. The Recognition Program does not require participation in a pre-established BCSSA HP (or other) program but funding (still to be determined) will be available only after a top 6 ranking is achieved.

National Competitions that qualify for the Top 6 Ranking Recognition Program include:

- Top 6 overall (total cumulative) for National Junior Selections long or short track
- Top 6 overall (total cumulative) for World Cup/National Selections short track
- Top 6 in any distance for World Cup Selections long track

BCSSA High Performance Program Selection: 2012-2013 Season

BCSSA will review potential candidates for the BCSSA HP Program in April of 2012. Potential candidates include skaters who have skated a defined time ("time standard") during the 2011-2012 season. Please note that the time standards required for consideration into a particular level are currently under review. An updated list of the time standards will be made available by Friday October 14th, 2011, at the latest.

Skaters who have achieved one of the time standards will be notified by BCSSA. After being named as an eligible skater for the HP Program, the online *Confirmation of Intent to Participate* form must be completed.

BCSSA High Performance Development Program Selection: 2012-13 Season

BCSSA will review potential candidates for the BCSSA HPD Program in April of 2012. The successful candidate for the BCSSA HPD must meet the following criteria.

Skaters not already listed in the HP Program:

- ISU Junior C skaters (ages 13 and 14) who are the top four male and top four female ranked skaters per qualifying criteria for the Canada West ST Championships
- ISU Junior C skaters (ages 13 and 14) who are ranked top four male and top four female skaters at the BCLT Championships
- ISU Junior B skaters (ages 15-16) may be added to the list if identified and approved by BCSSA on an individual basis

After being named as an eligible skater for the HPD Program, the online *Confirmation of Intent to Participate* form must be completed.

High Performance Committee

BC HP & Teams Bulletin Section # 2 BC Teams Selection

September 2011

Section 2 - Selection to BC Provincial Teams **(Teams to represent BC at the Championships)**

Definition

BCSSA is responsible for criteria to select representatives of BCSSA to the Canadian Age Class Long Track Championships, the Canadian Short Track Championships and the Canada West Short Track Championships. The BC team is selected for these specific events, at specific times of the year.

BCSSA Selection to Canadian Age Class Long Track (CACLT) Team

February 11-12, 2012 Ft. St. John, BC

Definition: For 2012, the Championships will again feature two separate competition formats: a combined mass start/Olympic Style component for Train to Train (T2T) age skaters, and an Olympic Style component for “Open Skaters”: Learn to Compete (L2C) age skaters (and older, up to age 29) who have not met Canada Cup time standards. Please refer to the SSC Competition Bulletin 2011.01 for distance changes and other details on this competition.

Alloted Spots for Team BC (2011-2012 Championships): For the T2T and the Open component of the competition, each branch is allowed up to 5 spots per gender in each age category. Team BC’s quota for 2011-2012 is outlined below:

Category (Age)	Male	Female
11	n/a	5
12	5	5
13	5	5
14	5	5
15	5	n/a
Open	5	5

Eligibility Requirements (to be named to the Team representing BC):

- Must skate the BC Long Track Championships
- Ranking will be based upon:
 - 100% from the BCLT Championships

Athlete Assistance: Selected skaters will receive assistance from BCSSA aimed at activities directly related to the BC Team participating in the CACLT Championships and includes the following:

- Direct access to BCSSA coaches (“Team Coach” for the Championships)
- Entry fees to the Canadian Championships for all qualified skaters
- BC pool suit (for competition) for T2T skaters, if available

BCSSA Selection to the Canadian Short Track Championships

March 23-25, 2012 Richmond, BC

Definition: The Canadian Short Track Championships will feature two (2) categories: an ISU Junior B division and an ISU Junior A/Neo-Senior division. Note that the Junior A and Neo Senior divisions are combined into one division. Please refer to the SSC Competition Bulletin 2011.01 for details on this competition.

Allotted Spots for Team BC (2011-2012 Championships): Each branch is guaranteed two (2) spots in each age plus “earned positions”, based on results from previous national-level competitions. Additional spots may be granted if another branch does not fulfill their quota and the time standards have been achieved. Team BC’s guaranteed quota for 2011-2012 is outlined below:

Category (Age)	Male	Female
Junior B (15-16)	2 + 1	2 + 1
Junior A (17-18)/ Neo Senior (19-22)	2+1	2+1

Eligibility Requirements (to be named to the Team representing BC):

- Must skate:
 - Both WCC competitions (Oktoberfest and RUFast)
- Must not be competing in the Canada West ST Championships (applicable to 15-year-old males only)
- Must have achieved the following time standards (combination of 500m + 1500m time):
 - Junior B Male: 3:25.09 (205.09 seconds)
 - Junior B Female: 3:39.70 (219.70 seconds)
 - Junior A & NeoSenior Male: 3:20.85 (200.85 seconds)

- Junior A & NeoSenior Female: 3:39.41 (219.41 seconds)
- Ranking will be based upon:
 - 75% of points from both WCC competitions:
 - WCC #1 (Oktoberfest)
 - WCC #2 (RU Fast)
 - 25% based on best 500m ranking time skated in a same-gender race

Athlete Assistance: Selected skaters will receive assistance from BCSSA aimed at activities directly related to the BC Team participating in the National Short Track Championships and includes the following:

- Direct access to BCSSA coaches (“Team Coach” for the Championships)
- Entry fees to the Canadian Championships for all qualified skaters

BCSSA Selection to the Canada West Short Track Championships

March 24-25, 2012 Winnipeg, MB

Definition: The Canada West Short Track Championships will feature the top T2T skaters from Manitoba, Saskatchewan, Alberta, British Columbia, North West Territories and the Yukon. Please refer to the SSC Competition Bulletin 2011.01 for distance changes and details on this competition.

Allotted Spots for Team BC (2011-2012 Championships): Each branch is guaranteed two (2) spots in each age category, plus “earned positions”, based on results from previous national-level competitions. Should a branch not fulfill their branch quota, there is the potential to add additional skaters in a given age category up to a maximum of five (5) per category. Additional spots will be known at least three (3) weeks prior to the Canada West event. Team BC’s quota for 2011-2012 is outlined below:

Category (Age)	Male	Female
11	n/a	2 + 1
12	2 + 1	2 + 1
13	2 + 1	2 + 1
14	2 + 1	2 + 1
15	2 + 1	n/a

Eligibility Requirements (to be named to the Team representing BC):

- Must skate at least one of either the BC Cup or the BCST (skaters are encouraged to skate both)
- Must not be competing in the Canadian ST Championships (applicable to 15-year-old males only)
- Ranking will be based upon:

- 80% from higher point total (scored at either BC Cup or BCST)
- 20% from lower point* total (scored at either BC Cup or BCST)
*would be scored as 0 if attending only one of the above competitions

Athlete Assistance: Selected skaters will receive assistance from BCSSA aimed at activities directly related to the BC Team participating in the Canada West Short Track Championships and includes the following:

- Direct access to BCSSA coaches (“Team Coach” for the Championships)
- Entry fees to the Canada West Short Track Championships for all qualified skaters
- BC pool suit/ warm-up jacket (for competition), if available

Note Regarding Selection to Canadian Junior Championships

Selection to Canadian Junior ST Championships: Will be based upon the criteria described in the SSC HPST Bulletin. Skaters ranking in the top 32 in Canada will be invited to compete in Calgary (also used as the Junior World Selections).

Selection to the Canadian Junior LT Championships/CC#3: Skaters meeting the time standards as set out in the SSC HPLT Bulletin will be eligible to compete at the Canadian Junior LT Championships in Saskatoon, Sask. (also used as the Junior World Selections).